



THE COUNTY OF KAUA'I

DEREK S. K. KAWAKAMI, MAYOR

MICHAEL A. DAHILIG, MANAGING DIRECTOR

News Release

For Immediate Release: May 23, 2019

AGENCY ON ELDERLY AFFAIRS
KEALOHA TAKAHASHI, EXECUTIVE
Tel (808) 241-4470
Fax (808) 241-5113

Registration open for 'Better Choices, Better Health' workshops

LĪHU'E – The County of Kaua'i Agency on Elderly Affairs is announcing that registration is open for the "Better Choices, Better Health" workshop series.

"This free workshop is open to anyone 18 years of age or older," said Agency on Elderly Affairs Executive Kealoha Takahashi. "The workshops and materials have been proven to help participants better manage their health."

The workshops will be held at the Pi'ikoi Building from June 3 to July 8, from 1 to 3:30 p.m. Participants will attend six sessions held once a week for two and a half hours.

The "Better Choices, Better Health" workshop is a six-week self-management workshop developed and tested by Stanford University. The workshop does not replace prescribed treatment. Instead, the workshop augments and supports medical-professional-recommended treatment plans. People learn skills to help them manage their health conditions and interact with their health care providers.

To register, please call the Agency on Elderly Affairs at 241-4470 during normal business hours.

If you need an ASL interpreter, materials in an alternate format, or an interpreter for a language other than English, please contact the Agency on Elderly Affairs at 241-4470 or elderlyaffairs@kauai.gov before the workshops begin.

###

